

Anaphylaxis

Source: American Academy of Allergy, Asthma and Immunology

Anaphylaxis (an-a-fi-LAK-sis) is a serious allergic reaction that happens to some people who have allergies to food, insect stings, drugs or latex.

Anaphylaxis happens very quickly and affects your entire body. Signs usually start within 5 to 30 minutes of coming into contact with the thing to which you are allergic. But it may take more than an hour for you to notice anaphylactic symptoms. Warning signs may include:

- A red rash, with welts, that is usually itchy
- Swollen throat or swollen areas of the body
- Wheezing
- Passing out
- Chest tightness
- Trouble breathing
- A hoarse voice
- Trouble swallowing
- Vomiting
- Diarrhea
- Stomach cramping
- A pale or red color to the face and body

Anaphylaxis requires immediate medical treatment. If you think you are having this type of reaction, use your autoinjectable epinephrine and call 911 immediately.

Afterward, it is important to get follow up care from an allergist/immunologist. An allergist/immunologist is a doctor who specializes in treating people with allergies.